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**Starting a Prayer List**

Remember there is no perfect system for making a prayer list or starting a prayer journal. The best system is the one that actually motivates you and helps you to intentionally go to God with your specific requests and to expect Him to answer!

Get a journal or a simple spiral bound notebook. On the first page of your notebook, write your husband’s name at the top. Write the three things you asked God for regarding your marriage in the introduction section of *Crown*.

Look over the list below and see what your own husband needs prayer for. Under his

name, list the things you will be praying for specifically.

## Prayer Topics

Salvation

Spiritual Growth

Purity

Health

Purity

Work

Financial Decisions

Provision

Ministry

Holiness

Protection

Mentorship/Discipleship

Security

Attitude

Character

Victory over \_\_\_\_\_\_\_\_

Deliverance

Forgiveness

Education

Obedience

Romantic Relationships

Family Relationships

Communication

Friendships

Priorities

Sexual Intimacy

Healing

Leadership (home, work, school)

Emotional Health

Mental Health

Wisdom

Direction

Time Management

Humility

Fruit of the Spirit (love, joy, peace, patience, kindness, goodness, gentleness, self-control)

This is not an exhaustive list, but it is a place for you to start. Now make a page for each of your children and grandchildren, adding things like their teachers, role models, dating relationships, or their own marriages. You can add pages for your church, (please pray for your pastor!) your friends, your community, missionaries, and any ministries you are connected to.

A prayer list can serve as an anchor in your daily devotional life. I used to try to pray through my list every morning, but I found I sincerely didn’t have time to cover every area every day. My solution was to borrow an idea from Elisabeth Elliot. Mrs. Elliot shared that she prayed for different things on different days, making sure that her entire list was prayed over once a week. While I still pray for my husband and each of my children every day, I have a specific day for each of them when I lift up every subject on their personal list. I also pray for different missionaries on different days, broken up by continent. This method has made my prayer time much more focused and deliberate.

The goal is to not have the perfect list, but to have a list that helps you develop the discipline of prayer.